



For immediate release: 10 February 2017

TAKE CARE OF SELF AND OTHERS IN HEAT

With hot weather taking hold across large parts of the country and expected to continue into the weekend, the Australian College of Nursing is calling on people to take precautions to protect their health.

“Heat can really impact on a person if they do not take care. We ask people to be sensible in these soaring temperatures,” Australian College of Nursing CEO, Adjunct Professor Kylie Ward said.

“For example, if you plan to be active over the weekend, try and do so early or late in the day. If you have to play sport, make sure you slip, slop, slap.

“Everyone needs to stay hydrated to combat the effects of heat, and this is particularly important if you are exercising.

“If you can, stay indoors in air conditioning or with fans running, please do so as much as possible. Keep blinds and curtains closed.”

At particular risk during extended periods of high temperatures are people over 65, particularly those with chronic conditions that make them more vulnerable to heat stress.

“Please check in regularly with your family and neighbours, especially if they are elderly or young,” Adjunct Professor Ward encouraged. “If they seem to be feeling the impact of the hot weather, do not hesitate to seek medical help.

“Aged care nurses and school nurses will be closely watching those in their care for signs of heat stress. In residential aged care, the nursing staff will be key in ensuring residents receive the help they need to comfortably get through this heatwave.”

Some medications increase the potential for a person to suffer from heat stress. These include beta blockers, diuretics and antidepressants.

“If you have questions about your medication and heat or are feeling unwell over the coming days speak to your nurse or seek medical assistance from another health care professional.”

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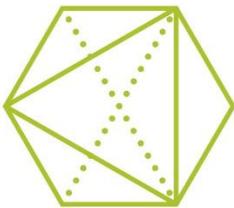
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Adjunct Professor Kylie Ward, CEO of ACN.



Australian College of Nursing

Advancing nurse leadership

Notes to the Editors:

The Australian College of Nursing (ACN) is the national professional organisation for all nurse leaders and its aim is to ensure that the Australian community receives quality nursing care now and in the future. ACN is a membership organisation with members in all states and territories, health care settings and nursing

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specialties. ACN is also the Australian member of the International Council of Nurses headquartered in Geneva.

ACN, an organisation not afraid to intelligently challenge industry issues affecting the nursing profession or Australia's health care, is a well-connected and educated national body that drives change with people of influence to enhance the delivery of health services to the Australian community. ACN advances the skills and expertise of nurses to provide leadership in their contribution to the policy, practice and delivery of health care.

A membership organisation with members in all states and territories, health care settings and nursing specialities, ACN's membership includes many nurses in roles of influence, including senior nurses, organisational leaders, academics and researchers.

What is the role of ACN to media?

- ACN provides trusted, well supported information about Australia's health care system, the delivery of health care, nursing leadership and the nursing profession.
- ACN has a number of media-savvy spokespeople within the organisation who can comment on Australia's health care system, the delivery of health care, nursing leadership and the nursing profession.
- ACN offers media with an alternative voice to that of an industrial relations perspective.
- ACN is in-the-know and can comment on health care matters of interest.
- ACN can respond to media requests in a timely manner and with subject/clinical expert's available on-hand for further discussion.
- ACN regularly responds to government updates pertaining to Australia's health care system.

What role does ACN play?

ACN is here to act and deliver results as agents of change. They are working towards a brighter future through advancing nurse leadership to enhance the delivery of health care to all. The organisation provides nurse leaders with access to relevant information, support and education that will enhance Australia's reputation on the world stage.

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